

How you can support someone who is breastfeeding:

Give them support:

Breastfeeding is very healthy for both the parent and baby. It can also be hard work. Give the person a break at other times by:

- Holding and burping the baby
- Bathing and changing the baby
- Playing with the baby
- Cooking
- Cleaning

Talk to them and ask them what they needs.

Bonding with baby:

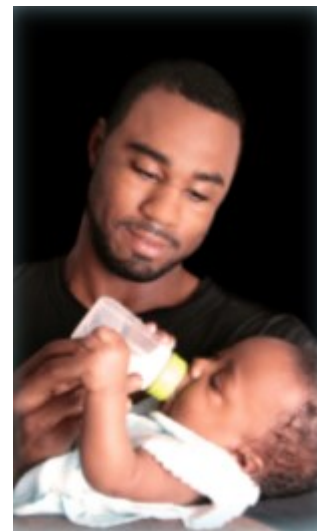
There are many ways you can bond with the new baby. You can:

- Hold the baby
- Wear them in a carrier
- Take them for walks
- Play with them
- Read to them

Being close to the baby makes your relationship strong and helps your baby feel safe.

Bottle-feed baby with breast milk:

After your baby is 3 or 4 weeks old, they may decide to store breast milk for you to be able to feed the baby with a bottle when they aren't able to breastfeed.



Important steps to offer support

- Understand the person's ideas and goals for breastfeeding
- Encourage them to breastfeed as long as possible
- Reassure them that they are doing the best thing for the baby
- Be patient with them and the baby



Talk to your CHN nutritionist, health educator, or prenatal coordinator if you have more questions!